

Heather Tanguay is honoured



Photo by Greg Presland

LOCAL resident Heather Tanguay's lifetime of service to the Aotearoa community was recognised in the Queen's Birthday Honours list.

The former mayor of Palmerston North (2004 to 2007) was made a Companion of the Queen's Service

Order (QSO) for services to local government and the community.

Among much else she did there, Heather founded the Ethkick soccer tournament, which she brought to West Auckland after moving to Glen Eden with husband Jerry.

Local politician Greg Presland knows Heather and said: "Since [moving to Glen Eden] she has been a force of nature and is responsible for such projects as the Glen Eden Pātaka Kai, the Ethkick soccer tournament and converting Milan Reserve from a run-down weed-infested reserve into something quite magnificent."

She founded the Glen Eden Residents' Association, volunteers for the Give a Kid a Blanket drive and is president of Titirangi U3A.

Heather Tanguay (far left) joins other distinguished locals in receiving such honours, including Janet Clews, Gayle Marshall and Sharon Davies (inset).

The latter recently resigned from her position as PA/Office Manager at Waitākere Ranges Local Board after almost 14 years in the job.

"I've decided it's time to move on," Sharon said. "This decision hasn't been made lightly but it's something I need to do for myself. Rest assured I'm not retiring! I still have a good few years before I earn my 'gold card'. I plan to take a well-earned break and look for something part time in my local community, which is where my real passion lies."

Congratulations to Heather on her well-deserved award, and we wish Sharon ('Shaz' to her friends) all the very best for her future; her regular presence in Glen Eden will be missed.

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What is a pterygium?

A pterygium is a raised, wedge-shaped growth that occurs on the surface of the eye. It is thought to be related to increased exposure to ultra-violet (UV) light, as it is more common in people who have lived in sunny areas. It is not cancerous, although cancers can develop in the same area of the surface of the eye.

A pterygium starts as an area of redness and thickening, usually on the inner aspect of the white of the eye. In some cases, it may extend across onto the cornea, which is the clear front window of the eye that covers the iris.

The discomfort of a pterygium may be helped by using eye drops such as artificial tear drops. These

often help with the redness of the eye as well. Some pterygia that continue to cause problems – such as unacceptable appearance, discomfort or effect on vision – may require surgical removal. This is done by conjunctival graft to replace the pterygium.

One problem with the removal of a pterygium is that regrowth may occur, although with newer surgical techniques this happens in fewer than 5% of cases. To reduce the risk of recurrence, you should try to reduce exposure to UV light following surgery by wearing sunglasses or a hat when outdoors.

To help avoid a pterygium, protect your eyes from the sun, dust and wind.



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We reckon it's New Zealand's best Stihl shop!



THE STIHL SHOP National Forum is a two-day event, capped off by an awards evening with representatives from over 70 stores nationwide. Graham Hahn and the team at Stihl Shop Glen Eden were named the Most Improved Store for 2020. This is awarded to the store which showed the most improvement in

customer loyalty and satisfaction scoring throughout the last financial year. It was a tough year for all small businesses, making their award all the more significant. Morgan Hahn won Individual of the Year 2020, awarded to the one with the highest customer service ranking throughout the year out of over 400 employees nationally.

Morgan also took out the honours for Stihl Outstanding Achievement in Retail at the Stihl Conference earlier this year, held virtually. The store was also nominated for the Outstanding Achievement in Marketing Award.

Graham and Morgan take pride in customer service and supporting their local community, enjoying many loyal customers in return.

Race night

ON Saturday 10 July, Glen Eden Bowling Club will transform their dance floor into a racetrack.

Horses are auctioned for the buyer to secure a 70% cut of the total collect for that race. With six horses in each of six races, there are plenty to choose from.

The horses' moves are determined by dice throws, so no need to study the form book.

There's no door charge, and a tote will be running for each race where you can bet anything from \$1 up.

Dress up and arrive 6.30pm for a prompt 7.00pm start; expected to finish at 10pm.

It's all the fun of a day at the races without any chance of rain delays or fallen jockeys.

Another busy month at the Board

Kia ora tatou katoa! We have had another busy month at the Board. Climate change, livable cities and safety were the overriding themes in our Regional Land Transport Plan (RLTP) presentation. We asked for (among other things) funding for the Glen Eden to Sunnyvale cycleway connection and again made a bid for the prioritisation of undergrounding of the rail in Glen Eden town centre. We also asked for a continuation of double-tracked electric rail beyond Swanson through Waitākere and beyond, and the delivery of shuttle buses to our outer communities of Huia, Piha and Te Henga/Bethells. These themes were also regarded as important by most individual submitters from our board area.

In line with this theme, we saw the installation of the pop-up cycleway in Glen Eden, part of Waka Kotahi's (NZTA) 'Innovating Streets for People' initiative. We are pleased to be able to benefit from this government-funded programme, which trials soft-trial changes to enhance pedestrian and cycling safety and encourage alternative low-carbon modes of transport to share the road safely.

We recognise that it will have an impact for a small number of residents who value the on-street parking, but we are also excited to be able to respond to a community deputation from cyclists for

safer connections into Glen Eden. We hope you like it, and we are keen for feedback. Visit akhaveyoursay.govt.nz and let us know what you think.

It was an unusual privilege, in this Covid budget environment, to be able to open a new community facility at Piha. Previous board chair Sandra Coney led the process many years ago for council to purchase the building when the Ministry of Education indicated its desire to sell it. The beautiful old schoolhouse has been renovated and brought up to current health and safety standards. There was a great community turnout on the day, and it looks as though the building, trails and rare and precious wetland will be enjoyed by many!

Congratulations to the community – especially the Piha R&R, Piha Kidz Charitable Trust, Protect Piha Heritage and the West Coast Community Arts Trust Wetlands Trust – for working together and with the board to make this happen.



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Getting a Headstart on your day

YOU have to know where to look for Headstart Total Body, especially now the Westlight apartments are up. Simone Jones' business is in Waikumete Road inside that lovely timber building and she has had 16 years there to build up a loyal clientele that now includes second-generation family members.

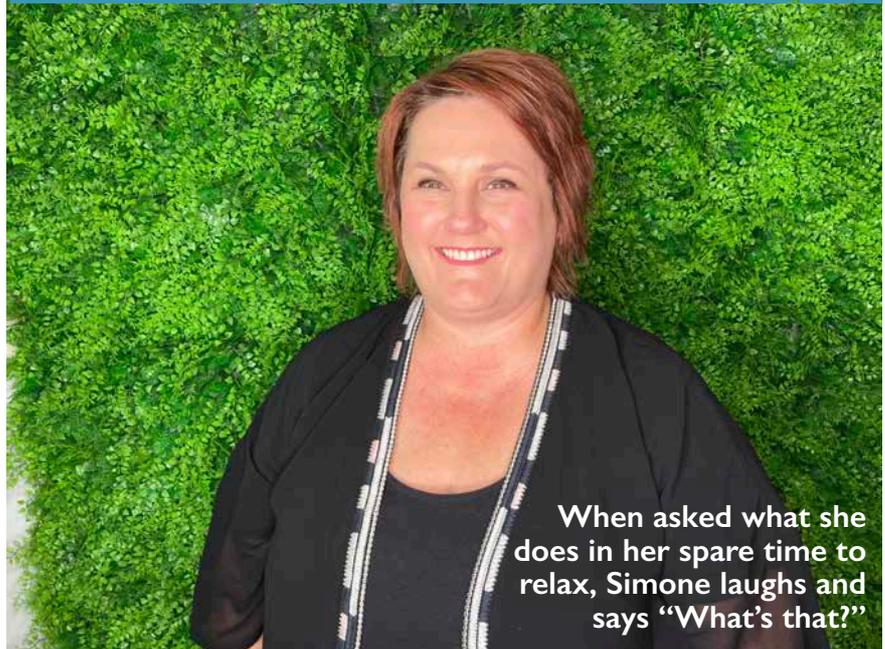
"One of our very special clients will be 101 in a few weeks and she comes to us once a week," she says.

Simone leads a team of dedicated professional stylists and a beauty therapist who are passionate about education and always upskilling.

"Our beauty therapist loves massage and looking after people's most forgotten about part of their body – the feet. Our stylists are all different so each has their own specialty. We do a lot of colouring that enhances their style.

"I do assessing for HITO (the Hair and beauty Industry Training

MEET THE LOCALS



When asked what she does in her spare time to relax, Simone laughs and says "What's that?"

Organisation) so I go out to other salons to assess the team for qualifications and I'm on the board for Hair and Barber NZ, trying to make a difference within our industry!"

No wonder Simone has little time for anything outside work.

Simone is proud to be part of the Glen Eden community. "The people are friendly and look out for each

other. Just the other day we had a phone handed in to us that was outside and while we were trying to charge it so we could see who the owner was, they came to collect it."

She and her husband have two girls, both now at university. "Where has that time gone!" she exclaims.

In support of cycleways...

CYCLEWAYS often provoke dissent. Auckland is so car-centric in its design that any implementation of a cycleway at the cost of road space draws criticism.

I can understand the concerns: that existing congestion will be worsened by removal of space that cars have a monopoly over, and that removing car parks will mean fewer customers for local town centre shops.

But there are three very strong counter arguments:

- Getting people out of cars and walking or cycling will free up car space. Bikes take much less space. And some people will catch the train, so roads into the city centre will be less clogged.
- Car parks destroy town centres. People drive, get out of their car, then get back into their car as soon as possible. The contrast is stark

between Glen Eden and Titirangi, with its recessed cafes and open spaces with outdoor dining.

- When you build a road, congestion eases at first but after a while the benefits are lost as people drive more in response to the extra capacity. It's called induced demand.

The Waitākere Ranges Local Board formulated the Greenways Plan, designed to complete a local walking and cycling network.

An existing cycleway runs through part of Glen Eden as part of Project Twin Streams. You can cycle from the southern edge of Ceramco Park to the back of Savoy Road. The cycleway is good but it does not go very far.

The board discussed with Glenora League Club the possibility of a bridge from the end of the cycleway over to their land and for the cycleway to then continue through Harold

Moody Reserve but they were concerned about the implications for parking and safety and declined our suggestion.

So the temporary cycleway on Captain Scott Road was the best alternative; its benefits will be reviewed. The desire is to make it safe for cyclists. The advice we had was that it needed to be placed on both sides of the road and that parking would have to be stopped for the affected part of the road.

Eventually we want to create another cycleway to Sunnyvale from Glen Eden, and once the Te Whau Pathway is completed we would want a safe link completed to there.

Auckland has lots of good quality, safe small cycleways. To make them functional they have to be joined up. This is why projects such as Captain Scott Road are important.

Greg Presland gives his personal take on the cycleway created on part of Captain Scott Road



Yoga with Vanessa

AT TIMES in life we do too much and other times not enough. There's no measuring device but we can get indications by checking in with our emotions, stress levels and our physical body. If we are striking a balance, we generally feel content.

But there are signs we could be out of balance:

- Anger
- Irritability
- Depression
- Skin upsets
- Low libido
- Digestive upsets
- Sleeping problems

We are going to feel on top of our game if we get enough sleep and exercise, enjoy work, family life, time with friends, getting out into nature, and pursuing a goal or hobby.

Intention is a wonderful way to start creating the life you would like. A dear 95-year-old yoga teacher once said to start each day with being grateful for a few things in your life, then set daily intentions. I use this one: 'This is going to be the best day of my life!' Try it for 21 days.

Every iyoga class will help you experience a sense of balance. It is a skill that comes with practice. I remember when my four children were young. I was studying. We had two businesses. Life was very busy. I needed a lot of energy. So I fostered my yoga practice, and it kept giving like a fruitful tree.

Vanessa runs Wellness Yoga Retreats in various locations – no experience needed. The next is in Piha on 17 July. Contact her via iyoga (West Coast Road) for details.

Sleepout wins NZIA award

APRIL VOICE featured the story of VisionWest's My Whare sleepouts. The design won a Small Project Architecture award at the recent NZIA (New Zealand Institute of Architects) Awards.

My Whare is designed to connect a young person to a stable family environment through placing a sleepout in the host family's backyard and integrating the young person into a supportive community with the help of a specialised youth worker.

VisionWest's James Widgery says: "The collaboration with SGA Architects shows what can happen when community works together to address one of Aotearoa's most challenging problems."

With 1% of New Zealanders homeless or housing-deprived and about half of these being under 25, the hope is that My Whare can help solve youth homelessness.



James Widgery, General Manager VisionWest Community Housing, and Brook Turner, Head of Services and Partnerships

Win a \$50 voucher to dine in Little India!

How many times do the words 'Little India' appear in total in this issue of *The Voice*? Email your answer and name and address to villagevoiceeditor@yahoo.com by the 15th. You could win a \$50 voucher to dine in Little India Glen Eden. Congratulations to June's winner, Dylan Sauvarin of Foothills Lane.



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School holiday activities and more in the library

SCHOOL HOLIDAYS: 10–25 JULY

Science with Robert

Monday 12 July & Monday 19 July, 10.30–11.30am

Join the infamous 'mad scientist' Robert for a fun hands-on science lesson. Limited spaces – please RSVP with library staff.

Geronimo Stilton Fun

Wednesday 14 July, 10–11am

If you're a fan of the *Geronimo Stilton* books, you'll love this event. All welcome.

The Re-Creators: Family Woodworking Workshop

Thursday 15 July, 1.30–4.30pm

Families will learn how to use a drill in detail then design and assemble their own wooden masterpiece, using sandpaper and paints to decorate it, something made proudly as a family to stand the test of time. For children 5+. For Glen Eden residents only. Free but registration is required. Book at: <https://therecreators.co.nz/collections/school-holiday-fun>

Movie & Popcorn

Friday 16 July & Friday 23 July, 2pm

Family-friendly movies and freshly made popcorn. Movie options on the day will be voted on by the audience. All welcome.

Lego Free Play

Saturday 17 July & Saturday 24 July, 2.30–3.30pm

Drop in for an unstructured free-play session and get creative with the library's Lego supplies. All welcome.

Birdfeeders* with Irina

Wednesday 21 July, 10.30–11.30am

Help your feathered friends stay well-

fed this winter. Join Irina to learn how to make a simple bird feeder to hang in your garden. *Allergy warning: there will be nuts and seeds at this event.

The Re-Creators: Power Tools 101

Saturday 31 July, 1–4pm

There will be a health and safety briefing at the start. Tools that will be covered are a hammer, jigsaw, power drill and sander. Open to adults and teens accompanied by adults. Free but registration is required. Book at: <https://therecreators.co.nz/collections/community-workshops>

Harry Potter QR Code Scavenger Hunt

Monday 12 July – Saturday 24 July, any time

BYO device or borrow one of Glen Eden's iPads to scour the library for QR codes. Each one, when scanned, will lead you to a Harry Potter character. Find them all and go in the draw to win a prize.

REGULAR PROGRAMMES

Book Chat

First Wednesday of each month 10.30–11.30am

Share what you enjoy reading.

Job Cafe

Wednesdays 12.30–2.30pm term time only
Whau Ace (Adult & Community Education) offer free drop-in sessions helping you to:

- Prepare a CV
- Search for a job
- Apply online for jobs
- Write a cover letter

Rhyme Time

Thursdays 10.30–11am term time only

Wriggle and Rhyme

Fridays 11–11.30am term time only

Lego Club

Saturdays 2.30–3.30pm

RECENT EVENTS

The library was buzzing with activity in June.

Highlights were award-winning author Melinda Szymanik delivering a creative writing workshop for adults and a special Rhyme Time with author Joan Joass.

In celebration of Samoan Language Week, Kelston Intermediate School Samoa bilingual classes brought the Pasifika warmth with their traditional songs and dance.

Plunkets' 'Pasifika Beatz' had Natalia share songs, rhymes, stories and dance from different Pacific nations with the tamariki and whānau.

The weather didn't stop the Ahi Kaa celebration. There was live music by Junelle Kunin, Naughty Natives and Riki Bennett. Students from Te Wharekura o Hoani Waititi (below) sang a beautiful Waiata Maumahara.



RSA



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Saturday 10 July: Jimi Kara & Friends live show Saturday 31 July: Com Jam Big Band – all welcome

Thursday Club Night

Happy Hour 5pm–6pm,
Jokers Wild, Monster
Raffles, members' draw.
Aussie Rules 8-ball
competition check-in
7.45pm – all welcome.

Fridays from 5pm

Happy Hour 4pm–6pm,
members' draw, sport on
big-screen TVs, spot
prizes, meat raffles.
Karaoke with Ben &
Marie, 8pm. Free entry.

Foothills Restaurant

Lunch: Friday 12pm–2pm.
Dinner: Thursday–Saturday
5.30pm–9pm and Sundays
from 5pm. Welcome to our
new caterer Billy Tauata.

Our popular Sunday sessions are continuing, with music from 3pm to 6pm.

Tickets for events are available at the bar beforehand or at the door on the night. New members and visitors welcome. Provisional membership lets you 'try before you buy'. Full membership now \$40 and valid until end 2021. Lounge available for functions.

Eco trust appoints Acting CEO



ECOMATTERS Environment Trust has appointed its Head of Operations, Carla Gee (above), as Acting CEO for an initial period of six months.

The appointment takes effect from 30 July, when outgoing CEO Damon Birchfield leaves after almost seven years to pursue other opportunities.

EcoMatters Chair Charlotte Moore says the board is delighted to offer Carla this opportunity, after an intensive recruitment process earlier this year failed to find a suitable candidate externally.

“After careful consideration the board felt no candidate emerged with the right mix of skills and organisational fit to keep EcoMatters moving forward,” says Charlotte. “Carla already understands the organisation intimately, is trusted by the team, and is well-placed to keep it on a steady course.”

Carla started with EcoMatters in 2016 and her involvement has continued to grow, most recently as Head of Operations.

Carla’s varied career includes managing large teams in the travel industry. Immediately before joining EcoMatters, she worked alongside Regional Managers in the Warehouse Group for almost four years.

“I’m honoured and excited to take on this new challenge,” says Carla. “I have so much aroha for this organisation, the people behind it and what it has achieved together with the wider community. I’m looking forward to helping keep up the momentum that Damon and the team have built here.”

Home loans for self-employed



Robyn Rule of Barfoot & Thompson Glen Eden writes on property matters

THE cost of borrowing is low. Banks seem willing to loan to all who can service a debt. So why do self-employed people on good incomes have to jump through so many hoops?

Even as the number of self-employed people grows, especially post-Covid, the extra scrutiny on their income persists. Even when their incomes are high, the absence of a permanent contract can mean they are seen as more volatile.

A lot has changed in the past few years in terms of people’s earning patterns, but some banks’ outdated policies do not reflect the changing nature of the workforce.

One thing is clear. Self-employed people should hire an accountant. For one thing, accountants have good contacts in the banking world. Self-employed people have found that loyalty to one bank over many years does not necessarily get them a home loan; they may need to change bank.

Furthermore, an accountant will help keep the books straight for when a bank is considering requests for a home loan. They can produce records such as profit and loss statements.

“Self-employed people have to constantly depend on themselves to earn. They’re in a position where they should be seen as being more bankable,” said one accountant.

June Glen Eden property statistics: 34 sales totalling \$32,036,500; highest price \$1,865,000; lowest \$500,000; average \$942,250.

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